Mindfulness Based Cognitive Therapy For Depression


Mindfulness and Acceptance

This book presents the first treatment program that adapts the proven practices of mindfulness-based cognitive therapy (MBCT) to meet the unique needs of people struggling with obsessive-compulsive disorder (OCD). Leading authority Fabrice Dufrene shows how techniques such as “mindful exposure” are uniquely suited to help OCD sufferers overcome intrusive thoughts and compulsive rituals. By creating a new relationship to their internal experience, the clients large-sized text format, the book includes detailed instructions for implementing each of the 11 group sessions, complete with reproducible scripts for the guided mindfulness practices and 79 client handouts. Purchasers can download and print the reproducible materials at the companion website, which also provides audio recordings of the guided practices. A separate website for clients features the audio files and scripts only.

Achtsamkeitsbasierte kognitive Therapie

Das MBCT-Arbeitsbuch

Mindfulness-Based Cognitive Therapy for Depression (Second Edition)

Section A summarises theory and research relevant to understanding the interaction between intimate-partnership and depressive relapse. Interpersonal theories of depression are introduced. Following this, an extensive, empirical study examining the effects of interpersonal processes on depressive relapse is critically evaluated. As these studies do not consider how depressive relapse might affect the intimate-partner over time, a separate body of literature examining the impact of depression on intimate-partners is reviewed. Limitations and gaps in the existing evidence-base are discussed, and areas for future research are outlined, such as studies to understand the bidirectional interaction and to explore alternative interventions that enable both partners to cope with relapses. Section B presents a Grounded Theory study of the process of engaging in mindfulness-based cognitive therapy (MBCT), which is a relapse prevention strategy for depression, as an intimate-partnership. Intimate-partner challenges took part in a semi-structured interview about their experience of the MBCT course. These data were transferred into a client and facilitator validation. The proposed theory captured the ‘process of learning new mindfulness skills together’. While intimate-partnerships who engaged in an MBCT course seemed to facilitate home practice, attendance and a sense of mutual support, which led to unique outcomes for the partnership and their sense of responsibility for each other’s wellbeing. Limitations and implications are discussed. Section C provides a critical appraisal of the process of conducting this research study, including the researcher’s learning experience, implications for clinical practice and future research.

Mindfulness- and Acceptance-Based Behavioral Therapies in Practice

Mindfulness-Based Treatment Approaches

Mindfulness-Based Cognitive Therapy with People at Risk of Suicide

Mindfulness-Based Cognitive Therapy (MBCT) is an evidence-based program that combines mindfulness and cognitive therapy techniques for working with stress, anxiety, depression, and other problems. Building Competence in Mindfulness-Based Cognitive Therapy provides the first transcript of an entire 8-week program. This intimate portrayal of the challenges and celebrations of actual clients give the reader an inside look at the processes that occur within these groups. The author also provides insights and practical suggestions for building personal and professional competence in delivering the MBCT protocol.

Treating Co-occurring Adolescent PTSD and Addiction

Mindfulness-Based Cognitive Therapy For Dummies

Mindfulness-Based Cognitive Therapy for Anxious Children offers a complete professional treatment program designed to help children ages nine through twelve who struggle with anxiety. This twelve-week program can be used to treat anxious children in group or individual therapy. The poems, stories, session summaries, and home practice activities on the enclosed CD-ROM supplement child therapy sessions and parent meetings to illuminate mindful awareness concepts and practices. In twelve short sessions, children will learn new ways to relate to anxious thoughts and feelings and use mindfulness-based strategies to help manage the symptoms and consequences of anxiety. * Will help children with symptoms of all types of anxiety * Panic disorder * Agoraphobia * Obsessive-compulsive disorder * Post-traumatic stress disorder * Generalized anxiety disorder * Social phobia * Specific phobia * Separation anxiety disorder * School refusal

Minding the Body

Der achtsame Weg durch die Depression

Eastern spiritual traditions have long maintained that mindfulness meditation can improve well-being. More recently, mindfulness-based treatment approaches have been successfully utilized to treat anxiety, depressive relapse, eating disorders, psychoses, and borderline personality disorder. This book discusses the conceptual foundation, implementation, and evidence base for the four best-researched mindfulness treatments: mindfulness-based stress reduction (MBSR), mindfulness-based cognitive therapy (MBCT), dialectical behavior therapy (DBT) and acceptance and commitment therapy (ACT). All chapters were written by researchers with extensive clinical experience. Each chapter includes the conceptual rationale for using a mindfulness-based treatment and a review of the relevant evidence base. In each case study illustrates how the intervention is implemented in “real life,” exploring the clinical and research implications for future research and clinical practice.

This book will be of use to clinicians and researchers interested in understanding and implementing mindfulness based treatments. * Comprehensive introduction to the best-researched mindfulness-based treatments * Reviews range of problems (anxiety, depression, stress, pain, emotional disorders, etc.) * Discusses a wide range of populations (children, adolescents, older adults, couples) * Includes wide range of settings (outpatient, inpatient, medical, mental health, workplace) * Clinically rich, illustrative case study in every chapter * International perspectives represented (authors from US, Canada, Britain, Sweden)

Mindfulness-Based Cognitive Therapy For the Treatment of Chronic Headache Pain

Mindfulness-Based Cognitive Therapy for Anxious Children

Mindfulness-Based Cognitive Therapy (MBCT) is a class-based manualized program designed to treat recurrent depression and prevent relapse. MBCT has been found to be effective for both symptomatic and asymptomatic patients with three or more previous episodes of depression. While research estimates that 50-75% of individuals with depression also experience anxiety, the role of anxiety in the MBCT treatment of recurrent depression is not clearly understood. The aim of the present study was to fill this gap in the literature in order to understand the effect that MBCT has on anxiety outcomes, and the effect that anxiety has on depression outcomes. Sixty-seven individuals with recurrent depression completed an MBCT course and were followed up for up to 48 months. MBCT was found to significantly reduce levels of anxiety, both in the short and long-term. Secondly, while MBCT was effective in reducing levels of depression and depressive relapse, it was more effective for individuals who were not clinically anxious at the beginning of treatment. The results suggest the use of MBCT in treating individuals with recurrent depression and co-occurring anxiety, in order
to reduce depressive and anxiety symptoms. Future research into ways that the MBCT protocol could be adapted to better accommodate individuals with anxiety may reduce the discrepancy between those with and without anxiety symptoms, and greatly assist the large proportion of individuals who enroll in MBCT programs and who experience both recurrent depression and anxiety.

Die Achtsamkeitsbasierte Kognitive Therapie der Depression

Achtsamkeitsbasierte Kognitive Therapie für Dummies

This study reports the findings of a randomized controlled trial (RCT) investigating the feasibility, tolerability, acceptability and initial estimates of efficacy of mindfulness-based cognitive therapy (MBCT) compared to a delayed treatment (DT) control for chronic headache pain. It was hypothesized that MBCT would be a viable treatment approach and that compared to DT, would elicit significant improvement in primary headache pain-related outcomes and secondary cognitive-related outcomes. Mixed design ANOVAs were conducted on the sample of eligible participants who did not meet the inclusion criteria (N=11), the intent-to-treat sample (ITT; N=36), and on the complete sample (N=24). Results indicated that overall, MBCT represents a feasible, tolerable and acceptable treatment option for headache pain; statistical indicators for these outcomes are reported. ITT analyses showed that compared to DT, MBCT participants reported significant improvement in pain intensity and pain catastrophizing whereas the DT group did not. Results of the complete analyses produced a similar pattern of findings; additionally, MBCT completers reported significantly improved pain intensity and pain catastrophizing whereas DT completers did not. The clinical significance of the findings is reported. Some preliminary support was found for the progress of the conceptual model; however, the hypothesized meditational pathways were precluded from analysis. This is the first study to empirically examine a MBCT approach for chronic headache pain. Results provide a research base for future RCTs comparing MBCT to attention control, and future comparative effectiveness studies of MBCT and cognitive-behavioral therapy.

Mindfulness-Based Cognitive Therapy

General clinicians will, inevitably, encounter individuals with a history of trauma. While the research base on mindfulness has exploded in the last decade, its potential uses for working with trauma survivors has yet to be fully realized. In the researched MBCT for PTSD (MBCT for PTSD), based on the authors’ experience in the first randomized controlled clinical trial. It provides a thorough review of the nature of trauma, current evidence-based practices, and a practical overview of the potential applications of mindfulness-based cognitive therapy in working with PTSD. MBCT for PTSD provides solid principles, practical tools, and numerous case examples for integrating mindfulness into therapeutic practice. The MBCT treatment manual also provides a program for trauma therapists looking to further their skills, mindfulness-based therapists seeking more knowledge about trauma, as well as readers interested in learning about both trauma and PTSD.

Untersuchung zur Wirksamkeit der Mindfulness-Based-Cognitive Therapy (MBCT) bei der Behandlung von Menschen mit Angststörungen

This unique new guide integrates recent advances in the biopsychosocial understanding of chronic pain with state-of-the-art cognitive therapy and mindfulness techniques to offer a fresh, highly-effective MBCT approach to helping manage chronic pain. There is interest from clinicians, researchers and patients alike in mindfulness-based therapeutic techniques, and the integration of mindfulness therapy with existing therapy protocols. MBCT offers everything a therapist needs to integrate MBCT into their practice and optimize its delivery, including a manualized 8-session program and guidance on how to teach MBCT skills. Features case studies and real-world examples that help practitioners to avoid common pitfalls and optimize the delivery of MBCT for chronic pain in their own individual clients. Features links to guided meditations and a therapist handbook and other powerful tools.

Mindfulness-Based Cognitive Therapy for OCD

Introduces tens of thousands of clinicians to mindfulness-based cognitive therapy (MBCT), an eight-week program with proven effectiveness. The authors explain the "why" and "how-to" of conducting mindfulness practices and cognitive interventions that have been shown to bolster recovery from depression and prevent relapse.

Mindfulness-Based Cognitive Therapy for Cancer

For many years, cognitive-behavioral techniques have been at the forefront of treatment for anxiety disorders. More recently, strategies rooted in Eastern concepts of acceptance and mindfulness have demonstrated some promise in treating anxiety, especially in tandem with CBT. Now, with Acceptance-Based Behavioral Therapies for Anxiety, thirty expert clinicians and researchers present a comprehensive guide to integrating these powerful complementary approaches—where they match, where they differ, and why they work so well together. Chapter authors clearly place mindfulness and acceptance into the clinical lexicon, establishing links with established traditions, including emotion theory and experiential therapy. In addition, separate chapters discuss specific anxiety disorders, the current state of treatment for each, and practical ways of integrating acceptance and mindfulness approaches into therapy.

Mindfulness-Based Cognitive Therapy for Depression

This volume examines the role of mindfulness principles and practices in a range of well-established cognitive and behavior treatment approaches. Leading scientist-practitioners describe how their respective modalities incorporate such nontraditional themes as mindfulness, acceptance, values, spirituality, being in relationship, focusing on the present moment, and emotional deepening. Core concept and commitment chapters, along with chapters on integrating mindfulness-based cognitive therapy, integrative behavioral couple therapy, behavioral activation, and functional analytic psychotherapy. In every chapter, the authors describe their clinical methods and goals, articulate their theoretical models, and examine similarities and differences from other approaches both inside and outside behavior therapy.

Mindfulness-Based Cognitive Therapy for Recurrent Depression and Anxiety

This new edition of Mindfulness-Based Cognitive Therapy: Distinctive Features (MBCT) provides a concise, straightforward overview of MBCT, fully updated to include recent developments. The book is based on extensive clinical work and empirical research towards international practice as it arises - one that is characterised by acceptance and compassion. The approach supports a recognition that even though difficulty is an intrinsic part of life, it is possible to work with it in new ways. The book provides a basis for understanding the key theoretical and practical features of MBCT and retains its accessible and easy-to-use format that made the first edition so popular, with 30 distinctive features that characterise the approach.

Mindfulness-Based Cognitive Therapy: Distinctive Features will be essential reading for professionals and trainees in the field. It is an appealing read for both experienced practitioners and newcomers with an interest in MBCT.

Mindfulness-Based Cognitive Therapy for Depression, Second Edition

Mindfulness-based cognitive therapy (MBCT) is a powerful, evidence-based treatment for depression and other mental health conditions. This groundbreaking professional book provides clinicians with the essential skills they need to deliver MBCT. In this book, you’ll discover the foundations of teaching MBCT, guidance on embedding mental presence (a focused awareness of experience in the moment), the contemplative dialogue known as inquiry, and other strategies for delivering group-based MBCT. You’ll also find scripts, access to audio material, and practice guidelines for you and your patients. Although focused on MBCT, this book is referenced for use in other MBCT treatments. The book discusses the role of MBCT in the treatment of Psychosomatic Stress Disorder (PSSD), based on the authors’ experience in the first randomized controlled clinical trial. It provides a thorough review of the nature of trauma, current evidence-based practices, and a practical overview of the potential applications of mindfulness-based cognitive therapy in working with PTSD. MBCT for PTSD provides solid principles, practical tools, and numerous case examples for integrating mindfulness into therapeutic practice. In addition, separate chapters discuss specific anxiety disorders, the current state of treatment for each, and practical ways of integrating acceptance and mindfulness approaches into therapy.

Building Competence in Mindfulness-Based Cognitive Therapy

The Use of Mindfulness-Based Cognitive Therapy for Patients with Inflammatory Bowel Disease

This book brings together a cutting-edge selection of the most current applications of mindfulness-based cognitive therapy (MBCT), giving clinicians as well as researchers a concise guide to current and future directions. Each chapter begins with its illustrative case study to give readers an example of how MBCT would be used in the clinical setting, followed by an overview of the condition, the theoretical rationale for using MBCT, modifications of MBCT for that disorder, evidence for MBCT use. Chapters also discuss practical considerations of MBCT, including patient selection, home practice, group size, format, and facilitator training. Written by some of the world’s leading physicians using MBCT, Mindfulness-Based Cognitive Therapy: Innovative Applications is of great value to psychiatrists, psychologists, social workers, and therapists.

Achtsamkeit für Dummies

Yoga and Mindfulness Based Cognitive Therapy

Acceptance- and Mindfulness-Based Approaches to Anxiety

This acclaimed work, now in a new edition, has introduced tens of thousands of clinicians to mindfulness-based cognitive therapy (MBCT) for depression, an 8-week program with proven effectiveness. Now, in a new edition, the authors explain the "why" and "how-to" of conducting mindfulness practices and cognitive interventions that have been shown to bolster recovery from depression and prevent relapse. Clinicians are also guided to practice mindfulness themselves, an essential prerequisite to teaching others. More than 40 reproducible handouts are included. Purchasers get access to a website featuring downloadable audio recordings of the guided mindfulness practices (meditations and mindful movement), plus all the reproducibles, ready to download and print in a convenient 8 1/2" x 11" size. A separate website for use by clients features the audio recordings only. New to This Edition Incorporates a decade’s worth of developments in MBCT and retains its accessible and easy-to-use format that made the first edition so popular, with 30 distinctive features that characterise the approach.

Mindfulness-Based Cognitive Therapy: Distinctive Features will be essential reading for professionals and trainees in the field. It is an appealing read for both experienced practitioners and newcomers with an interest in MBCT.

Mindfulness-Based Cognitive Therapy for Depression, Second Edition

Mindfulness-based cognitive therapy (MBCT) is a powerful, evidence-based treatment for depression and other mental health conditions. This groundbreaking professional book provides clinicians with the essential skills they need to deliver MBCT. In this book, you’ll discover the foundations of teaching MBCT, guidance on embedding mental presence (a focused awareness of experience in the moment), the contemplative dialogue known as inquiry, and other strategies for delivering group-based MBCT. You’ll also find scripts, access to audio material, and practice guidelines for you and your patients. Although focused on MBCT, this book is referenced for use in other MBCT treatments. The book discusses the role of MBCT in the treatment of Psychosomatic Stress Disorder (PSSD), based on the authors’ experience in the first randomized controlled clinical trial. It provides a thorough review of the nature of trauma, current evidence-based practices, and a practical overview of the potential applications of mindfulness-based cognitive therapy in working with PTSD. MBCT for PTSD provides solid principles, practical tools, and numerous case examples for integrating mindfulness into therapeutic practice. In addition, separate chapters discuss specific anxiety disorders, the current state of treatment for each, and practical ways of integrating acceptance and mindfulness approaches into therapy.

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Achtsamkeit für Dummies

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Acceptance- and Mindfulness-Based Approaches to Anxiety

This acclaimed work, now in a new edition, has introduced tens of thousands of clinicians to mindfulness-based cognitive therapy (MBCT) for depression, an 8-week program with proven effectiveness. Now, in a new edition, the authors explain the "why" and "how-to" of conducting mindfulness practices and cognitive interventions that have been shown to bolster recovery from depression and prevent relapse. Clinicians are also guided to practice mindfulness themselves, an essential prerequisite to teaching others. More than 40 reproducible handouts are included. Purchasers get access to a website featuring downloadable audio recordings of the guided mindfulness practices (meditations and mindful movement), plus all the reproducibles, ready to download and print in a convenient 8 1/2" x 11" size. A separate website for use by clients features the audio recordings only. New to This Edition Incorporates a decade’s worth of developments in MBCT and retains its accessible and easy-to-use format that made the first edition so popular, with 30 distinctive features that characterise the approach.

Mindfulness-Based Cognitive Therapy: Distinctive Features will be essential reading for professionals and trainees in the field. It is an appealing read for both experienced practitioners and newcomers with an interest in MBCT.
Mindfulness-based Cognitive Therapy for Partnerships

Research has shown that, for many teens, trauma can lead to addiction. Now, for the first time ever, two mental health experts offer a powerful, integrative program to effectively treat teens with these co-occurring issues. Trauma and addiction often present side by side. However, up until now, clinicians have lacked the tools needed to treat these two issues together. Based in cognitive behavioral therapy (CBT) and mindfulness—two proven-effective therapies for addiction and mental health issues—Treating Co-occurring Adolescent PTSD and Addiction is essential for anyone working with adolescents with addiction and post-traumatic stress disorder (PTSD). Developed and researched explicitly for dual diagnosis adolescent clients, this book provides a range of mindfulness practices and tools to help your client be present in what he or she is experiencing—instead of slipping into a pattern of avoidance. In addition, the cognitive-behavioral strategies can help adolescents who are at risk of recurrent trauma, and who could therefore benefit from practicing coping strategies to assist them in their current daily situations. This is a must-have resource for any mental health provider treating adolescents with dual diagnoses of PTSD and addiction.

Mindfulness-Based Cognitive Therapy

Accessible and practical, this book provides a unified framework for integrating acceptance and mindfulness into cognitive-behavioral practice. The authors interweave elements of acceptance and commitment therapy, mindfulness-based cognitive therapy, mindfulness-based relapse prevention, and dialectical behavior therapy. They demonstrate how to conduct an assessment, develop a case formulation, and derive a flexible treatment plan for each patient. Vivid case examples and transcripts illustrate the entire process of therapy, showing how treatment can be tailored for different presenting problems and concerns. More than two dozen reproducible handouts and forms are included.

Mindfulness-Based Cognitive Therapy for Chronic Pain

Stay in the present and build a happier future Mindfulness-Based Cognitive Therapy For Dummies takes you through the eight-week MBCT course, using the principles of mindfulness to complement established CBT techniques. You'll discover how using MBCT can help lower your risk of relapsing into depression and reduce the risk of other mental health disorders including anxiety, stress, and low self-esteem. Provides a solid foundation for positive mental health The downloadable audio files contain guided meditations, a core feature of the MBCT program MBCT works as an excellent supplement to therapy and may reduce the need for medication If you suffer from depression, anxiety, insomnia, or a host of other mental health disorders, let Mindfulness-Based Cognitive Therapy For Dummies keep you in the present and build a happier future.

Mindfulness-Based Cognitive Therapy for Bipolar Disorder

An Examination of Mindfulness-based Cognitive Therapy for Angry Drivers

This book attempts to bridge the considerable gap that exist between spiritual philosophies and evidence-based medicine and between the psychotherapeutic models of the East and the West. Based on the insights of both the ancient wisdom and modern medicine, this book presents original scientific data and clinical case studies to show that the meditation described in this book is evidence-based.

Die achtsamkeitsbasierte kognitive Therapie der Depression

Grounded in extensive research and clinical experience, this book describes how to adopt mindfulness-based cognitive therapy (MBCT) for participants who struggle with recurrent suicidal thoughts and impulses. Clinicians and mindfulness teachers are presented with a comprehensive framework for understanding suicidality and its underlying vulnerabilities. The preliminary intake interview and each of the eight group mindfulness sessions of MBCT are discussed in detail, highlighting issues that need to be taken into account with highly vulnerable people. Assessment guidelines are provided and strategies for safely teaching core mindfulness practices are illustrated with extensive case examples. The book also discusses how to develop the required mindfulness teacher skills and competencies. Purchasers get access to a companion website featuring downloadable audio recordings of the guided mindfulness practices, narrated by Zindel Segal, Mark Williams, and John Teasdale.

The Role of Mindfulness-based Cognitive Therapy in the Prevention and Treatment of Depression

Mindfulness-based Cognitive Therapy for Cancer presents an eight-week course for MBCT which has been tried and tested over ten years of clinical use, and is targeted specifically for people with cancer. There is growing evidence of mindfulness as a successful and cost-effective intervention for reducing the negative psychological impact of cancer and treatment. Based upon the author's experience of working with people with cancer, and her own recent experience of using mindfulness with cancer diagnosis and treatment stories from cancer patients illustrate the learning and key themes of the course. Includes new short practices and group processes developed by the author.

Mindfulness-Based Cognitive Therapy for Depression


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